



National Nutrient Database for Standard Reference
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Statistics Report 35135, Corn, white, steamed (Navajo)

Report Date: July 16, 2017 14:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	8.09	3	0.436	7.35	8.86	2.0	6.215	9.963	1	Analytical or derived from analytical	--	04/2004
Energy	kcal	386	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	1616	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	9.72	3	0.227	9.29	10.06	2.0	8.748	10.701	1	Analytical or derived from analytical	--	04/2004
Total lipid (fat) ¹	g	5.18	3	0.374	4.67	5.91	2.0	3.569	6.786	1	Analytical or derived from analytical	--	04/2004
Ash ¹	g	1.81	3	0.143	1.63	2.09	2.0	1.193	2.421	1	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	75.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary ¹	g	16.6	3	0.948	15.1	18.3	2.0	12.497	20.653	1	Analytical or derived from analytical	--	04/2004
Sugars, total ¹	g	6.47	3	0.937	4.94	8.18	2.0	2.44	10.507	1	Analytical or derived from analytical	--	04/2004

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Sucrose 1	g	4.35	3	0.524	3.72	5.39	2.0	2.092	6.604	1	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) 1	g	1.09	3	0.238	0.61	1.36	2.0	0.064	2.11	1	Analytical or derived from analytical	--	04/2004
Fructose 1	g	1.04	3	0.238	0.61	1.43	2.0	0.014	2.062	1	Analytical or derived from analytical	--	04/2004
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Maltose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Starch 1	g	45.78	3	2.529	41.1	49.78	2.0	34.9	56.66	1	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca 1	mg	14	3	2.770	10	19	2.0	1.94	25.78	1	Analytical or derived from analytical	--	04/2004
Iron, Fe 1	mg	2.29	3	0.167	1.98	2.55	2.0	1.575	3.012	1	Analytical or derived from analytical	--	04/2004
Magnesium, Mg 1	mg	123	3	3.480	117	129	2.0	107.693	137.64	1	Analytical or derived from analytical	--	04/2004

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Phosphorus, P 1	mg	312	3	22.898	268	345	2.0	213.476	410.524	1	Analytical or derived from analytical	--	04/2004
Potassium, K 1	mg	532	3	39.859	462	600	2.0	360.832	703.835	1	Analytical or derived from analytical	--	04/2004
Sodium, Na 1	mg	4	3	0.000	4	4	--	--	--	1	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1	mg	3.15	3	0.274	2.61	3.49	2.0	1.973	4.333	1	Analytical or derived from analytical	--	04/2004
Copper, Cu 1	mg	0.231	3	0.014	0.2	0.25	2.0	0.17	0.293	1	Analytical or derived from analytical	--	04/2004
Manganese, Mn 1	mg	0.926	3	0.062	0.86	1.05	2.0	0.66	1.193	1	Analytical or derived from analytical	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin 1	mg	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin 1	mg	0.067	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Niacin 1	mg	3.310	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 1	mg	0.289	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total 1	μg	100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food	μg	100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) 1	μg	0.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	0.830	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
12:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 1	g	0.650	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:0 1	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 1	g	0.132	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 1	g	0.032	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 1	g	0.011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	1.483	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated ¹	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated ¹	g	1.458	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:1 ¹	g	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	1.862	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated ¹	g	1.793	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated ¹	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) ¹	g	0.069	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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18:3 n-6 c,c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Amino Acids													
Tryptophan ¹	g	0.056	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine ¹	g	0.305	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine ¹	g	0.354	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Leucine ¹	g	1.044	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lysine ¹	g	0.302	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine ¹	g	0.231	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine ¹	g	0.142	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine ¹	g	0.429	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine ¹	g	0.201	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD